**Big Idea**

Learn to Learn is a programme that is designed to help you be the best learner you can be – and that means succeeding in ALL areas! It will help you understand how you learn best, how to set and monitor your learning goals, and how your brain works and what you can do to help it be at its best at all times!

Read the folder pages titled “Part 1: ABOUT LEARNING” to get a feel for how everyone can work towards being a great learner

At Alfriston College, we use the Independent Learning Qualities to help remind you of what successful learners do.

**Introduction to Learn to Learn**

**Completion Date**

**Learning Outcomes**

1. Discuss why taking Learn to Learn is important.

2. Identify the Alfriston College Independent Learning Qualities and why they are important for learning.

3. Demonstrate understanding of Learning Attributes, attitudes and skills and knowledge and use this information to create S.M.A.R.T. goals for learning for the rest of the term/year

**Learning Tasks**

1. Complete The “DO NOW”.

2. Complete “The Learner’s Agreement”

3. Complete at least 3 Learning Goals for the rest of the term

4. Begin the Independent Learning Qualities Logo activity

**Test Your Understanding**

1. Record your first impressions of Learn 2 Learn in your reflection diary.
2. Ensure you have created 3 S.M.A.R.T. learning goals for the term/year

**Optional Learning Task**

At home discuss how you think taking Learn to Learn could help you improve as a learner in all areas. Ask your parents or older siblings to create one S.M.A.R.T. goal and check it to be sure it meets the criteria

**☑**

**Helpful hints and reminders...**

**\*** S.M.A.R.T. goal setting can help you ensure that your goal setting is effective. (specific, measurable, attainable, realistic and timely)

\*Be sure to fill out your reflection journal for the day

\* Fill in the checklist to help you ensure you are always on track and up to date

**Reflect on your learning**...

1. Record what you think you will get out of Learn to Learn

2. Write down your thoughts learning goals using S.M.A.R.T goal setting skills.